



# FOOTNOTES

**TASMANIAN MASTERS ATHLETICS Inc.**  
**GPO BOX 890,**  
**HOBART, TASMANIA. 7001.**

<http://www.tasmastersathletics.org.au/>

Print Post Approved PP 764326 / 00028

**VOLUME 30, NUMBER 11**

**November 2009**

**INSIDE THIS ISSUE**

Calendar of Events	2-4
New Membership Fees	2
Cruise to Ouse	4
Oceania Association of Masters Athletes Track & Field Championships - Tahiti	4
Time Change for Training at the DAC	4
President's Message	5
Southern Results	6
City to Bay Results	8
Snug Fun Run Results	8
Northern Results	9
Burnie Ten Results	10
Otago Bay Fun Run	11
Lindisfarne Fun Run	12
Special General Meeting	13
Australian & TMA Half Marathon Championships	13
Social Evenings	13



Lower Heyford - Oxfordshire

**EDITOR**

Jenny Stevenson  
 33 Amy Street  
 Moonah, Tasmania. 7009  
 E-Mail: [msteven1@iinet.net.au](mailto:msteven1@iinet.net.au)  
 Phone (03) 6272 1182 (H)  
 Technical Assistant: Sarah Stevenson

**Closing date for next issue**  
**25th November 2009**



Tasmania 6210 9666



For sound advice and the best value for your money visit your Fuji Xerox Business Centre.

- Printing
- Copying
- Scanning
- Faxing
- Laminating
- Photo Printing

**All over Tasmania we're helping put money back into businesses.**

Do your office machines have an X on them? If not you could be losing money.

Whether it's multi-function, fast colour or saying goodbye to expensive ink cartridges, your local X-man will conduct a workflow analysis of your business and identify a tailor-made solution that could save you time and money.

From desktop mono to multi-tasking colour, scanning and faxing, your business can profit through our experience, service and innovation.

Time is money, so call us today for a free consultation and get the X factor working for you.



## FUN RUNS

### NOVEMBER

Sun 1

TMA 91 Hilton Rd Alan & Sheila Coleman

Claremont

Sun 8

TMA Tynwald Park Stan Harrex

New Norfolk

Sun 15

TMA Wingara Rd (NEW COURSE - NO TOILETS) Bob Robertson

Howden

Sun 22

Point to Pinnacle

Casino Sandy Bay

Sun 29

TMA Cremorne Opposite the Shop David Cresswell

Cremorne

### DECEMBER

Sat 5

Bruny Is Ultra/Relay Run

Bruny Island

Sun 13

TMA Stonor Hall (Christmas function after run) Tim & Tracey McConnon

Stonor

## Tasmanian Masters Athletics Northern Funrun Calendar 2009

December 5

Bruny Island Ultra/Relay

December 13

Stonor Hall (Christmas function after run)

Stonor

### Cruise to Ouse

Saturday November 14 2009

Free entry but be pre registered before 5 November

400m 0-8 years: 600m 9-11 years - sign in before 9.30am

5k Run/Walk: 10k Run/Walk - sign in 9-10.30am

More info-Phone Mary 6287 2001 or 0409 363 250

or email [mary.downie@dhhs.tas.gov.au](mailto:mary.downie@dhhs.tas.gov.au)

### Oceania Association of Masters Athletes Track & Field Championships - Tahiti

A promotional flyer from International Sports Tours has now been added to the TMA web site under International Events

### Time Change for Training at the DAC

TLAA has the Domain Athletic Centre booked on the dates listed below so hence Athletics South training times will change on these dates

- Sunday, 8 November from 9am – 3pm
- Sunday, 29 November from 8am – 5pm
- Sunday, 13 December from 8am – 5pm
- Sunday, 7 February from 9am – 3pm

AS training on Sunday 8<sup>th</sup> November and Sunday February 7 will commence at 3.30pm through until 5.30pm and on Sunday 29<sup>th</sup> November and Sunday 13<sup>th</sup> December AS training will commence at 5.15pm through until 7.15pm.

I apologies for any inconvenience this may cause.

Helen Lee

### New Membership Fees

To encourage new members, the TMA Committee have decided to offer a discounted membership fee of \$20 (\$30 double) for any new members registering from 1 November 2009 until 31 March 2010.

**TASMANIAN MASTERS ATHLETICS INC.**  
**SUMMER TRACK & FIELD PROGRAM 2009 - 2010**  
**DOMAIN ATHLETIC CENTRE - HOBART**

DAY	DATE	MEET	TIME	TMA STATURDAY PROGRAMS			
Sat	3-Oct-09	AS WORKING BEE	TBA	<b>Program A</b>		<b>Program C</b>	
Sat	10-Oct-09	PROGRAM A	12:00	12.00	100m	12.00	400m
Wed	14-Oct-09	5000M	6:00PM	12.00	Shot Put	12.00	Javelin
Wed	21-Oct-09	3000M / 1500M	6:00PM	12.10	High Jump	12.10	Triple Jump
Sat	24-Oct-09	PROGRAM B	12:00	12.20	Javelin	12.20	Discus
Wed	28-Oct-09	3000M / 5000M	6:00PM	12.40	400m	12.40	60m
Sun	1-Nov-09	<b>AT 10000M CHAMPIONSHIP</b>		12.50	Long Jump	12.50	High Jump
Wed	4-Nov-09	5000M	6:00PM	<b>Program B</b>		<b>Program D</b>	
Sat	7-Nov-09	PROGRAM C	12:00	12.00	200m	12.00	200m
Wed	11-Nov-09	3000M / 1500M	6:00PM	12.00	Hammer	12.00	Hammer
Sat	14-Nov-09	PROGRAM D	12:00	12.10	Triple Jump	12.10	Long Jump
Wed	18-Nov-09	5000M / 10000M Combined AS/TMA	6:00PM	12.20	Discus	12.20	Discus
Sat	21-Nov-09	PROGRAM A	12:00	12.40	60m	12.40	100m
Wed	25-Nov-09	3000M/1500M	6:00PM	12.50	800m	12.50	800m
Sat	28-Nov-09	PROGRAM B	12:00	12.50	Long Jump		
Wed	2-Dec-09	5000M	6:00PM	<b>ATHLETIC SOUTH TWILIGHT PROGRAMS</b>			
Wed	9-Dec-09	3000M / 1500M PROGRAM C	6:00PM	<b>Program A</b>			
Sat	12-Dec-09	PROGRAM C	12:00	<b>MEN</b>		<b>WOMEN</b>	
Wed	16-Dec-09	5000M / 10000M Combined AS/TMA	6:00PM	6.30	60M		
Sat	19-Dec-09	PROGRAM D	12:00	6.30	High jump S1- 1.40m start height Men & Women		
Wed	23-Dec-09	CHRISTMAS PROGRAM	6:00PM	6.30	Javelin S1	Javelin S1	
Wed	6-Jan-10	AS TWILIGHT A	6:00PM	6.45		60M	
Sun	10-Jan-10	<b>AMA HALF MARATHON CHAMPIONSHIPS (CADBURY)</b>		6.50	Discus S2		
Wed	13-Jan-10	AS TWILIGHT B	6:00PM	7.00	1000M	High Jump S2	
Wed	20-Jan-10	3000M / 1500M	6:00PM	7.00	Triple Jump		
Sat	23-Jan-10	PROGRAM D	12:00	7.10	Javelin S2	Discus S2	
Sat	23-Jan-10	<b>AT/TMA MULTI EVENT CHAMPIONSHIPS - LAUNCESTON</b>		7.15		1000M	
Wed	27-Jan-10	5000M / 10000M Combined AS/TMA	6:00PM	7.30	1000M Walk	1000M Walk	
Sat	30-Jan-10	PROGRAM A	12:00	7.30	High Jump S2	Triple Jump	
Wed	2-Feb-10	3000M/1500M	6:00PM	7.45	300M		
Sat	6-Feb-10	PROGRAM B	12:00	7.50	Discus S1	Discus S1	
Wed	10-Feb-10	5000M / AS RELAY NIGHT	6:00PM	7.50		Javelin S2	
Wed	17-Feb-10	3000M / AS TWILIGHT A	6:00PM	8.00		300M	
Wed	24-Feb-10	5000M / AS TWILIGHT B	6:00PM	8.20	Paarlauf Relay	Paarlauf Relay	
Sat	27-Feb-10	PROGRAM C	12:00	<b>Program B</b>			
Wed	3-Mar-10	3000M / 1500M	6:00PM	<b>MEN</b>		<b>WOMEN</b>	
Sat	6-Mar-10	PROGRAM D	12:00PM	6.30		Mile	
Wed	10-Mar-10	5000M	6:00PM	6.30	Hammer	Hammer	
Sat	13-Mar-10	PROGRAM A	12:00	6.30	Long Jump S1	Long Jump S1	
Wed	17-Mar-10	3000M / 1500M	6:00PM	6.45	Mile		
Wed	24-Mar-10	5000M	6:00PM	7.00	Mile Walk	Mile Walk	
Sat	27-Mar-10	<b>TMA / AT (DAY 3) STATE CHAMPIONSHIPS</b>		7.00	Shot Put S2	Long Jump S2	
Sun	28-Mar-10	<b>TMA / AT (DAY 4) STATE CHAMPIONSHIPS</b>		7.15		150M	
Fri	2-Apr-10	<b>AMA NATIONAL CHAMPIONSHIPS - PERTH, WA</b>		7.30	150M	Shot Put S2	
Sat	3-Apr-10	<b>AMA NATIONAL CHAMPIONSHIPS - PERTH, WA</b>		7.45	Long Jump S2	600M	
Sun	4-Apr-10	<b>AMA NATIONAL CHAMPIONSHIPS - PERTH, WA</b>		8.00	600M		
Mon	5-Apr-10	<b>AMA NATIONAL CHAMPIONSHIPS - PERTH, WA</b>		8.00	Shot Put S1	Shot Put S1	
<b>Entry Fee \$3.00</b>				8.25	4 x 200M Relay	4 x 200M Relay	

AS Twilight programs conducted on Wednesday evenings include TMA competitors.

TMA competitors to compete in AS hurdle/steeple events at Interclub.

**For further information contact Sue Hanek 6247 9465**

**TASMANIAN MASTERS ATHLETICS INC.**  
**SUMMER TRACK & FIELD PROGRAM 2009 - 20010**  
**ST LEONARDS ATHLETIC CENTRE, LAUNCESTON**

DAY	DATE	EVENTS				
Wed	14-Oct-09	600m	100m	5000m	Shot Put	Long Jump
Wed	21-Oct-09	800m	200m	4000m	Discus	Triple Jump
Wed	27-Oct-09	1000m	300m	3000m	Javelin	High Jump
Wed	04-Nov-09	1500m	400m	3000m	Shot Put	Long Jump
Wed	11-Nov-09	600m	60m	5000m	Discus	Triple Jump
Wed	18-Nov-09	800m	200m	4000m	Javelin	High Jump
Wed	25-Nov-09	1000m	300m	3000m	Shot Put	Long Jump
Wed	02-Dec-09	1 Mile	400m	3000m	Discus	Triple Jump
Wed	09-Dec-09	600m	100m	4000m	Javelin	High Jump
Wed	16-Dec-09	800m	200m	Relay	Shot Put	Long Jump
Wed	06-Jan-10	1000m	300m	4000m	Discus	Triple Jump
Sun	10-Jan-10	AMA HALF MARATHON CHAMPIONSHIPS (CADBURY)				
Wed	13-Jan-10	1500m	400m	3000m	Javelin	High Jump
Wed	20-Jan-10	600m	60m	5000m	Shot Put	Long Jump
Sat	23-Jan-10	AT/TMA MULTI EVENT CHAMPIONSHIPS - LAUNCESTON				
Wed	27-Jan-10	800m	200m	4000m	Discus	Triple Jump
Wed	03-Feb-10	1000m	300m	3000m	Javelin	High Jump
Wed	10-Feb-10	1 Mile	400m	3000m	Shot Put	Long Jump
Wed	17-Feb-10	600m	100m	Relay	Discus	Triple Jump
Wed	24-Feb-10	800m	200m	4000m	Javelin	High Jump
Wed	03-Mar-10	1000m	300m	3000m	Shot Put	Long Jump
Wed	10-Mar-10	1500m	400m	4000m	Discus	Triple Jump
Wed	17-Oct-10	600m	60m	5000m	Javelin	High Jump
Wed	24-Oct-10	800m	200m	4000m	Shot Put	Long Jump
Sat	27-Mar-10	TMA / AT (DAY 3) STATE CHAMPIONSHIPS - DAC, HOBART				
Sun	28-Mar-10	TMA / AT (DAY 4) STATE CHAMPIONSHIPS - DAC, HOBART				
Fri	2-Apr-10	AMA NATIONAL CHAMPIONSHIPS - PERTH, WA				
Sat	3-Apr-10	AMA NATIONAL CHAMPIONSHIPS - PERTH, WA				
Sun	4-Apr-10	AMA NATIONAL CHAMPIONSHIPS - PERTH, WA				
Mon	5-Apr-10	AMA NATIONAL CHAMPIONSHIPS - PERTH, WA				

Approximate Starting Times	Field Events	5:45pm
	Middle Distance	6:15pm
	Short Distance	6:30pm
	Long Distance	6:45pm

Entry fees	Members	\$2.00
	Non Members	\$3.00
Athletic Centre Board Track Usage Fee		\$25.00

For further information contact Jim Claxton      ph 63441025



## President's Message

Welcome to all athletes, especially new members, to the beginning of the track and field season. After the session on Wednesday October 21, ten of us met at Fish Frenzy and enjoyed a meal, a chat and a laugh, reminiscing about such things as Chris Gates' entertaining account of his adventures as a youngster living in Bellerive. Watch for details of the next meal out which will be pizza on November 11.

Please check in with Sue on arrival on both Wednesday and Saturday and also offer your services as officials. It is up to all of us – athletes and volunteer officials to assist with heavy equipment, timekeeping, and anything else that needs to be done.

Friendship is one of the great benefits of athletics. The special Christmas function at Stonor on Sunday December 13, hosted by Tim and Tracey McConnon is always a great event and we look forward to seeing all the keen northerners and norwesters there as it is designed to be accessible to all members.

There is much work done behind the scenes. Thanks to Lynne Lyden for kindly stepping in to work on the September and October newsletters and also to Ben

Hughes, our efficient webmaster who keeps our website up-to-date. Do encourage prospective members to view our website as it demonstrates our wide range of activities.

We have had several important events during the last month. Bob did an excellent job in setting out the Brighton Challenge, part of which had to be done manually, in stormy weather. Well done to all who took part and, after a dust storm last year – third time lucky, Bob, for 2010.

Well done to all the 33 TMA members who competed in top Australian fun run, the Burnie Ten and congratulations to 1<sup>st</sup> place getters Greg Hickey, Mike Walker and Stan Harrex, plus 2<sup>nd</sup> and 3<sup>rd</sup> place getters Debbie Pauna and Wayne Tibbits. Read all the results!

The World Masters Games in Sydney were held in an exciting international atmosphere. Six TMA members were spotted competing – Vicky Gunn, Amanda Coombe, Suzy Cole, Dan Lemoto, Chris Johns and Lynne Andrews. All these Tasmanians won medals. Congratulations, especially to multi-medal winners: Amanda, Suzy, Dan and Chris. Vicky will write a report but I must comment on her spectacular sprint (she loves 400s!!!) where she passed another finishing athlete in the last few metres to secure bronze in our relay. Here's to a happy and healthy track and field season!

Lynne Andrews



**'Tassie Plus'**

**Bronze Medal - L-R - Amanda Coombe, Lynne Andrews, Annette Mead (NSW) Vicki Gunn**

## Southern Results

### 10.10.09

#### 100m

W30 Amy Hanek	14.02	M50 Steve Lance	23.49
W40 Angela Robinson	15.63	M50 Tony Burley	22.62
W40 Tracey McConnon	17.69	M60 Alan Coleman	27.25

W40 Sharyn Fitzpatrick 17.70

W45 Debbie Lance 13.97

M60 Alan Coleman 13.64

#### 400m

W30 Amy Hanek 1.03.66

M60 Alan Coleman 1.03.68

#### Long Jump

W40 Sharyn Fitzpatrick 3.14

W40 Angela Robinson 3.12

W40 Tracey McConnon 2.56

#### Shot Put

W40 Sharyn Fitzpatrick 6.02

W40 Angela Robinson 7.17

W40 Tracey McConnon 5.72

W65 Sue Hanek 5.45

M60 Alan Coleman 7.11

#### High Jump

W30 Amy Hanek 1.35

W45 Debbie Lance 1.25

#### Javelin

W30 Amy Hanek 21.27

W40 Angela Robinson 10.75

W45 Debbie Lance 19.62

W65 Sue Hanek 12.62

M60 Alan Coleman 25.91

#### By Invitation

W10 Grace Robinson 3.70

### 14.10.09

#### 3000m

W35 Kelly Dyer 17.00

M50 David Hill 17.32

#### 5000m

W35 Shelley Millhouse 25.51

W50 Elizabeth Leitch 25.49

M30 Ben Hughes 23.59

M35 Ken Atkinson 21.32

M40 Wayne French 19.37

M50 Chris Gates 21.08

M50 Mark B-Jones 23.41

M50 Paul Leitch 23.56

M60 Bob Weldon 24.11

M60 Len Powell 24.54

M65 Bob Robertson 21.05

### 21.10.09

#### 3000m

W35 Shelley Millhouse 14.02

W50 Lynne Lyden 14.51

W50 Elizabeth Leitch 15.08

M30 Ben Hughes 13.44

M35 Ken Atkinson 11.44

M50 Chris Gates 11.29

M50 Mark B-Jones 13.32

M50 Paul Leitch 13.55

M50 Gary Cuthbert 14.29

M50 David Hill 16.27

M55 Phil Grimmond 12.20

M60 Mike Walker 11.38

M60 Danny Byas 12.40

M60 Bob Weldon 14.03

M60 Len Powell 14.22

M70 Roy Beadell 14.34

#### 1500m

M50 Chris Gates 5.59

M55 Phil Grimmond 5.40

M60 Mike Walker 5.54

M60 Danny Byas 6.07

M65 Mick Stevenson 6.49

### 25.10.09

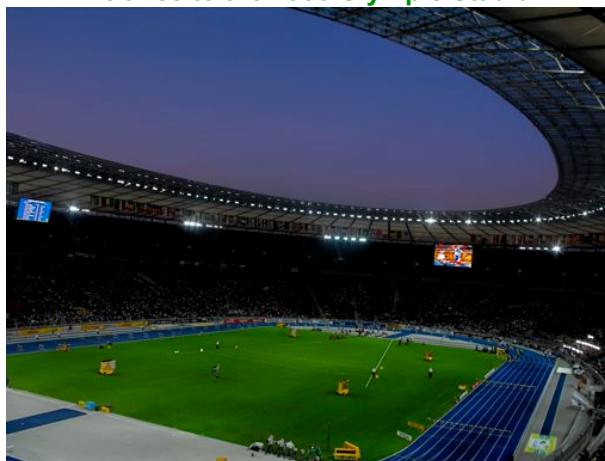
#### Discus

W30 Amy Hanek 21.24

## WORLD CHAMPIONSHIPS - GERMANY



Entrance to the 1936 Olympic Stadium



Inside the Stadium



Ussain Bolts Heat of the 200m

---

*The Masters wish all members born in November a very happy Birthday*



*Frances Malcomson 1 Mike Townley 4 Karen Lawler 5  
Agnieszka Byers 6 Dean Cole 7 David Beeson 8 Kelly Dyer 9  
Ashley Warick 9 Karen Boxhall 10 Chris Gates 11 Barry Cook 12 Frances  
Hancock 15 Gillian Gardner 16 Eric Lockett 17*

*Col Bailey 18 Julie Swain 20 Jo Oliver 22 Suzy Cole 25  
Shane McClenaghan 25 Claire Morgan 26 Georgina MacDonald 29  
Michael Gaffney 30*



---

**The  
Masters  
welcome New Members**

**Angela Robinson  
Jenny Burgess**

**and wish them a happy and  
successful year**

**Spikes Spikes Spikes Spikes  
For Sale**

New Balance long distant spike. Brand new.

Womens white with blue and yellow.

Size B 9 1/2 US 7 1/2 UK

\$70.00

Call Kerry Johnstone on 62232901 m 0400 679771

## CITY-BAY FUN RUN – ADELAIDE – 20 SEPTEMBER 2009

A record number of 29,722 participants turned out for the City-Bay Fun Run in superb conditions. Four TMA members took part with their results as follows:

Name	Time	Position	Age	Category	Age Graded %
Danny Byas	55:03	1408	M61	3 <sup>rd</sup>	74.02
Gloria Byas	1:13:03	6835	F61	3 <sup>rd</sup>	66.50
Susan Lloyd	59:04	2586	F64	1 <sup>st</sup>	85.97
Mike Walker	48:09	279	M63	1 <sup>st</sup>	86.17

### Snug Fun Run Results

4.10.09

#### 1 Lap

Selwyn Stein	20.00
Mick Stevenson	18.35
Mike Pace	16.45
Dylan Pace	14.30
Alex Pace	19.00
Julie Pace	19.30
Linda Moran	16.09

#### 2 Laps

Bob Robertson	28.46
Roy Beadell	31.38
Gloria Byas	36.22
Stan Harrex	40.07



#### 3 Laps

Bob Weldon 45.55

#### 4 Laps

Mike Walker	53.54
Danny Byas	1.01.35

A big thank you to Linda for the sausages on the BBQ

**ANTARCTIC EYE**  
*The Visual Journey*

by Lynne Andrews

AWARD WINNING

## Antarctic Eye: The Visual Journey

by Lynne Andrews

Winner Tasmania Book Prizes 2009  
University of Tasmania Prize for Best Book  
by a Tasmanian publisher.

An intensive art-historical account  
of Antarctic art that will inspire  
students, natural historians,  
art-lovers, Antarctic aficionados and  
the general reader alike. An ideal  
personal or corporate gift.  
RRP \$170.

Available in selected bookshops and at [www.lynneandrews.tassie.net.au](http://www.lynneandrews.tassie.net.au)

## NORTHERN FUN RUN RESULTS

### LONGFORD 9.2K 4.6K 20.09.09

	N.T.	A.T.	Diff.
Christie Smith	52:52	52:50	02
Rodney Boxhall	41:20	41:17	03
Max Loffel	47:15	47:23	17
Nye Evans	56:45	56:21	24
Karen Boxhall	48:00	47:36	24
Kristine Johnstone	60:01	59:35	26
Neil Hammersley	47:35	47:06	29
David Wagner	41:30	42:15	45
Gary Rossiter	44:00	44:49	49
Tanya Jensen	49:37	48:24	1:13
Doug Ashfield	39:00	40:22	1:22
Alwynne McMahon	57:00	55:49	1:49
Gill Gardner	56:40	58:38	1:58
Deb O'Regan	56:56	59:08	2:12
Shaun O'Regan	47:45	45:32	2:13
<b>4.6k</b>			
Eric Welsh	26:20	25:52	28
Debbie Rowley	44:00	43:19	41
Viv Knight	32:00	30:55	1:05
Judy Wagner	45:00	42:51	2:09
Gerard Little	40:20	37:30	2:50

### TREVALLYN 8K 4K 4.10.09

	N.T.	A.T.	Dif
Doug Ashfield	36:00	35:46	14
Gill Gardner	48:54	49:13	19
Neil Hammersley	43:10	42:46	24
Max Loffel	44:30	44:02	28
Peter Schorn	55:00	55:42	42
Christie Smith	54:13	53:28	45
David Wagner	37:00	36:12	48
Kristine Johnstone	54:00	53:28	1:12
Craig Barron	44:40	43:22	1:18
Ros Holgate	47:57	46:13	1:44
Eric Welsh	54:40	48:31	2:51
Alwynne McMahon	53:30	49:37	3:53
<b>4k</b>			
Gerard Little	34:40	33:57	43
Nye Evans	24:00	24:48	48
Judy Wagner	40:00	37:57	2:03
Glynis Jetson	33:00	30:40	2:20
Viv Knight	31:00	28:28	2:32
Jim Claxton	30:00	25:10	4:50

### BARRY BLANCHARD MEMORIAL 6.3k Run

The last run of the Winter program was held on the 11 October starting from Royal Park and going out over Kings Bridge heading to the Tail Race Park (Trevallyn Power Station) on the way to Riverside and return. A good easy course, no real hills, however our numbers were down due to the A Team going to Melbourne to run the Half Marathon.

The Hare for this run was Doug Ashfield who showed a clean set of heels to us all followed by Dave Wagner and Shaun O'Regan. Promising new runner Gary Rossiter put in a good performance along with Eric Welsh, however a few of the others will need to brush up on their nominated times if they want to get over the eventual winner on the day, Nye Evans who was SPOT ON. Then our walking lady Judy Wagner, 11 second followed by Eric Welsh, 33 seconds.

	Nom Time	Act	Diff
Gary Rossiter	29.00	29.45	45
Ros Holgate	35.00	34.08	52
Nye Evans	38.00	38.00	
Neil Hammersley	33.50	34.39	49
Shaun O'Regan	28.20	27.43	37
David Wagner	28.18	27.43	35
Deb O'Regan	39.59	38.40	1.19
Craig Barron	29.50	31.12	1.22
Coleen Bugg	38.50	35.20	3.30

Judy Wagner	59.30	59.41	11
Gerard Little	50.00	54.24	4.24
Doug Ashfield	27.30	26.25	1.5
Eric Welsh	35.25	34.52	33
Aaron Loffel	30.30	33.59	3.29

Now the A TEAM that ventured to Melbourne for the Half Marathon I am told on good authority were all happy with their performances, however a little birdy did say if they had concentrated on the running they went to do and not shopped until they dropped their performances could have been even better.

Of course the leader of the pack was our little Gill Gardiner along with Christie Smith, Gill Britton, Tanya Jetson, Kristine Johnstone, Alwyn McMahon and Maxie Loffel.

I'm told the girls had a lovely time, what about pour Max, I bet he loved the shopping.

Now the next outing is overseas in a few weeks, Bruny Island, this will be interesting, not a lot of shops but plenty of running. Girl Power is the way I am told. Who said that, don't know.

The Track Season at St Leonards Athletic Centre has commenced and good fields have competed in the first two weeks.

Lap scoring in the longer distances has required plenty of concentration with 18 to 19 runners competing with only one recorder.

It's great to see so many old and new faces out trying out the track; it would be even better to get everyone out on the same night, that would test our organizing skills.

If you haven't been to the track for some time, come along and join the fun and bring a mate.

## NORTHERN TRACK RESULTS

### ROUND 1 14.10.09

**Long Jump:** Nye Evans 3.06m[58.96%] Gary Armstrong 2.93m[44.53%] Dave Wagner 2.70m[39.36%] Deb O'Regan 2.66m[44.41%] Eric Welsh 2.04m[31.00%] Ros Holgate 2.02m[45.09%] Craig Barron 1.25m[16.67%]

**Shot Put:** Nye Evans 9.12m[52.78%] Dave Wagner 6.91m[36.46%] Craig Barron 6.44m[31.65%] Eric Welsh 5.75m[32.39%] Gary Armstrong 5.67m[31.94%] Deb O'Regan 4.60m[28.20%] Ros Holgate 4.24m[37.76%]

**600m:** Pete Wierenga 1.55.70[65.02%] Dave Wagner 1.57.61[72.06%] Heather Richards 1.57.95[70.80%] Shaun O'Regan 1.58.33[73.24%] Jeff James 2.01.08 [74.70%] Mark Illingworth 2.02.03[61.65%] Tim Gunton 2.14.45[59.74%] Paige Werenga 2.16.32[64.21%] Peter Daniel 2.15.87[61.16%] Max Loffel 2.31.54[61.74%] Craig Barron 2.38.64[50.63%] Ros Holgate 2.44.94 [72.14%] Nye Evans 2.49.89[59.09%] Deb O'Regan 2.58.83[52.32%]

**100m:** Pete Wierenga 13.92[72.63%] Craig Ross 14.02 [71.61%] Paige Werenga 15.00[74.20%] Heather Richards 15.59[69.21%] Deb O'Regan 17.08[71.83%] Dave Wagner 17.82[62.79%] Craig Barron 17.82 [59.99%] Nye Evans 19.35[64.96%] Jen Daniel 19.66 [65.67%] Eric Welsh 20.13[56.68%]

**5000m:** Shaun O'Regan 20.54.96[72.45%] Doug Ashfield 20.55[70.12%] Dave Wagner 20.57[70.56%] Vicki Ross 21.06[69.75%] Mark Illingworth 21.50[60.23%] Pete Wierenga 22.04[70.56%] Craig Ross 22.23[58.30%] Tim Gunton 23.05[60.58%] Max Loffel 24.04[68.77%] Peter Daniel 25.56[60.48%] Craig Barron 26.13[50.41%] Gary Armstrong 27.03[56.01%] Ros Holgate 27.04[80.17%] Eric Welsh 27.30[55.09%] Jen Daniel 27.55.75[63.91%] Nye Evans 29.29[59.19%] Deb O'Regan 31.14[53.52%]

# BURNIE TEN

The 25<sup>th</sup> anniversary Burnie Ten had a field of approximately 4000 participants including 33 members of Tasmanian Masters Athletics. It was a fine, sunny day but Burnie turned on its usual headwind on the return leg of the run. TMA Results:

Name	Age	Place	Time	Age Graded%	Category
Armstrong, Gary	56	1479	57.37	55.98	
Ashfield, Doug	52	232	43.28	71.78	
Barron, Craig	46	950	52.10	57.01	
Boxhall, Rodney	39	220	43.08	65.38	
Boxhall, Karen	38	928	51.53	59.85	
Britton, Jill	50	2123	67.06	51.68	
Bugg, Colleen	46	2081	66.29	49.75	
Canham, Craig	42	198	42.34	67.75	
Cresswell, David	59	1566	59.05	56.01	
Evans, Nye	71	1650	58.57	63.00	4 <sup>th</sup> Male 70-79
French, Wayne	46	85	39.30	75.29	
Gardner, Gillian	53	1574	58.50	61.23	
Gates, Chris	54	139	41.09	77.08	6 <sup>th</sup> Male 50-59
Hammersley, Neil	60	979	52.01	64.18	
Harrex, Stan	81	2271	68.56	65.08	1 <sup>st</sup> Male over 80
Henricks, Aub	43	44	36.33	79.50	4 <sup>th</sup> Male 40-49
Hickey, Greg	52	55	37.43	<b>82.72</b>	1 <sup>st</sup> Male 50-59
Johns, Alvin	49	46	36.50	<b>82.68</b>	6 <sup>th</sup> Male 40-49
Johnstone, Kristine	52	1966	64.09	55.44	
Ling, Barry	58	294	44.21	73.98	
Little, Gerard	46	2928	87.10	34.12	
Loffel, Max	67	628	48.31	73.30	9 <sup>th</sup> Male 60-69
McCrossen, Robert	55	710	49.30	64.61	
McMahon, Alwynne	54	1866	62.42	58.21	
Nixon, Ken	51	1613	59.14	52.25	
O'Regan, Debra	50	1726	58.59	57.81	
O'Regan, Shaun	56	223	43.06	74.84	
Pauna, Debbie	48	89	39.35	<b>85.48</b>	2 <sup>nd</sup> Female 40-49
Tibbits, Wayne	51	64	38.09	<b>81.12</b>	3 <sup>rd</sup> Male 50-59
Walker, Michael	63	119	40.17	<b>85.10</b>	1 <sup>st</sup> Male 60-69
Welsh, Eric	56	1374	55.36	58.01	
Willing, Sharen	48	1830	60.49	55.63	
Yee, William	41	52	37.08	77.09	8 <sup>th</sup> Male 40-49

Every care has been taken to identify all TMA members and their results.  
Please let us know if we have missed you or recorded you incorrectly.

## HANDY HINTS

- ☞ PRESERVING A NEWSPAPER CLIPPING – LARGE BOTTLE OF CLUB SODA, ½ CUP MILK OF MAGNESIA, SOAK FOR 20 MINUTES AND LET DRY, WILL LAST FOR MANY YEARS.
- ☞ STUFF A MINIATURE MARSHMALLOW IN THE BOTTOM OF A CONE TO PREVENT ICE CREAM DRIPPING.
- ☞ TO KEEP POTATOES FROM BUDDING, PLACE AN APPLE IN THE BAG WITH THE POTATOES.
- ☞ TO PREVENT EGGSHHELLS FROM CRACKING, ADD A PINCH OF SALT TO WATER BEFORE HARD-BOILING.



# Old Beach 2009

Fun Run at Bob & Bev Weldon's Property

*Sunday, October 11*

As people turned up, they exclaimed about the wonderful view, not to mention the great back yard set up for visitors. It was a 5k course around the river, very picturesque - not much good for people who hadn't run for quite some time! When we hit the tea urn, we had a good natter about Finland and our excursions further on in eastern Europe. Very enjoyable, so thank you Bob & Bev for a great venue and day.



## RESULTS

### 1 Lap

<b>Stephanie Teague</b>	<b>29.31</b>	<b>Julie Pace</b>	<b>41.40</b>	<b>Danny Byas</b>	<b>52.00</b>
<b>Stan Harrex</b>	<b>36.45</b>	<b>Alex Pace</b>	<b>41.50</b>	<b>Darren Giffard</b>	<b>43.00</b>
<b>Jenny Stevenson</b>	<b>46.02</b>	<b>Gloria Byas</b>	<b>31.09</b>	<b>Bob Robertson</b>	<b>52.00</b>
<b>Mick Stevenson</b>	<b>32.30</b>	<b>Barry Teague</b>	<b>29.31</b>	<b>3 Laps</b>	
<b>Barry Lloyd</b>	<b>36.33</b>	<b>Walk</b>		<b>Sue Lloyd</b>	<b>1.30.20</b>
<b>Alan Coleman</b>	<b>28.36</b>	<b>Frances Hancock</b>	<b>41.50</b>		
<b>Bob Weldon</b>	<b>26.25</b>	<b>2 Laps</b>			
<b>Dylan Pace</b>	<b>35.53</b>	<b>Mike Walker</b>	<b>43.00</b>		
<b>Mike Pace</b>	<b>36.02</b>	<b>Bob Robertson</b>	<b>52.00</b>		

# LINDISFARNE FUN RUN

25 OCTOBER 2009

What an exciting run! Soggy patches, fences to climb and old men with hoes wanting to know why were running on his property! Well done Mike, could only happen on your run - keep it up!

There was a great turn up, to enjoy the lovely sunny day, we had dips to eat plus a BBQ provided by Mike and Julie, thank you very much. Then there were the great bottles of wine for the spot prizes - a great day was had by all, it had everything.



Getting stuck into the food



More talking than eating

## Results

### 1 Lap 3.3k

Zoe Dowling	23.40
Anna Dowling	23.40
Sharyn Fitzpatrick	20.38
Natasha Fitzpatrick	15.30
Carly McPherson	16.35
Dale McPherson	19.53
Jonty Roberts	15.24
David Hancock	34.23
Mike Pace	42.17
Matt Robertson	26.15
Justin Robertson	26.10
Sue Hancock	23.40
Jenny Stevenson	36.15
Mick Stevenson	23.58

### 1 Lap Walk 3.3k

Frances Hancock	34.06
Mark Westcott	44.40
Sally Westcott	41.50

### 1 Lap 6.1 ks

Bob Weldon	71.30
------------	-------

Stephanie Teague	39.30
Gloria Byas	47.00
Bob Robertson	33.21
Dylan Pace	42.17
Barry Teague	38.52
Alan Coleman	38.52
Damon Court	28.10
David Cresswell	42.20
2 Laps 6.1 ks	
Mike Walker	90.50
3 Laps 6.1 ks	
Phil McConnon	71.40



Drawing the Spot Prizes

A few people got lost and Mike Pace was trying to make sure people didn't get lost

## SPECIAL GENERAL MEETING

A Special General Meeting of Tasmanian Masters Athletics Inc was conducted on 19 October 2009 to consider two motions to change the TMA Constitution. Both motions were approved unanimously and as a result:

- (1) The financial year is now 1 April in each year to 31 March in the year next following.
- (2) The amount of the annual subscription payable by members shall be as determined at the final committee meeting of the financial year.

## AUSTRALIAN & TASMANIAN MASTERS ATHLETICS HALF MARATHON CHAMPIONSHIPS SUNDAY 10 JANUARY 2010 UPDATE

<b>Entry</b>	Please remember to enter <u>prior to 1 December 2009</u> to take advantage of the discounted entry fee of \$50. This entry fee covers the Australian Masters Championship, the Tasmanian Masters Championship as well as the usual Cadbury event. Both Australian and Tasmanian medals will be awarded in all of the usual five year age group categories commencing with 30-34.
<b>Discounted Membership</b>	To be eligible to enter the Half Marathon Championships a person must be a Masters Athletics member. To encourage new members, the TMA Committee have decided to offer a discounted membership fee of \$20 (\$30 double) for any new members registering from 1 November 2009 until 31 March 2010.
<b>Volunteers</b>	TMA is expected to provide up to 20 volunteers to assist on the day. Volunteers will be kitted out in the new Karhu (Finnish) apparel on a first come first served basis. So if you can help out, please contact Mike Walker asap on 62446229 or <a href="mailto:mikeiov@netspace.net.au">mikeiov@netspace.net.au</a>

## Social Evenings Coming Up

Friday 6<sup>th</sup> November Ten Pin Bowling 6.15pm \$5.50 per game 15 people

Wednesday 11<sup>th</sup> November after competition Hobart Woodfired Pizza  
Corner Harrington & Melville Streets (144 Harrington)



*Who is this gorgeous lady?*

*I think she looks like Goldilocks,  
what do you think*

---

## *REMINDER REMINDER REMINDER REMINDER*

The World Indoors Kamloops March 1<sup>st</sup> to 6<sup>th</sup> 2010 **Closing date 9<sup>th</sup> December** , Entry forms and validation papers can be downloaded or I do have them Entries to be sent to Judy Cooper Australian Entries Clerk

**Athletes must have the validation papers** - if anyone is contemplating going to Kamloops, I have a copy of the validation papers - EDITOR

AMA Decathlon & Heptathlon

Date: 1<sup>st</sup> & 2<sup>nd</sup> May

Venue: QE11 Stadium Brisbane

Entry form will be in AMA handbook , plus information data

## *REMINDER REMINDER REMINDER REMINDER*



hill street  
gourmet meats

# Christmas List

Menu	Price per Kg
Traditional Butchers Leg Ham	\$15.95 kg
Traditional Butchers 1/2 Leg Ham-Shank End	\$14.95 kg
Traditional Butchers 1/2 Leg Ham-Chump End	\$15.95 kg
Rolled Fresh Pork	\$17.95 kg
Rolled Fresh Loin Pork	\$19.95 kg
Rolled Seasoned Pork	\$17.95 kg
Leg Fresh Pork	\$12.95 kg
Leg Pickled Pork	\$11.95 kg
Rolled Pickled Pork	\$16.95 kg
Nichols Turkeys	\$14.95 kg
Nichols Tiny Turkeys on Frozen available 2009	\$16.95 kg
Nichols Turkey Buff/Crown	\$16.95 kg
Nichols Turkeys; Boned, Rolled and Seasoned	
Shelf Price plus \$16.00 to Bone, Roll and Season (free seasoning)	
Ducks <b>No. 20-22</b>	\$25.00 each
Quail ( <b>Pack of 4</b> )	\$16.95 each
Legs of Spring Lamb	\$15.50 kg
Boned and Seasoned Spring Lamb	\$16.95 kg
Nichols Chickens; <b>Sizes 18,19,20,21,22</b>	\$7.95 kg
Nichols Chickens; Boned, Rolled and Seasoned	\$16.95 kg

**Seasonings:** Traditional, Ham & Cranberry, Fruit, or bring your own.

**Hill Street Gourmet Meats**  
125 Hill Street  
West Hobart  
Phone: (03) 6234 1472

**SURFACE  
MAIL**

If undeliverable return to:-

TMA Inc.  
GPO Box 890  
Hobart, Tasmania, 7001

*"May be opened for postal inspection"*